

# Perfect Pumpkin Pancakes

**Makes:** 12 servings

## Ingredients

2 cups flour  
6 teaspoons brown sugar  
1 tablespoon baking powder  
1 1/4 teaspoons pumpkin pie spice  
1 teaspoon salt  
1 egg  
1/2 cup pumpkin (canned)  
1 3/4 cups milk, low-fat  
2 tablespoons vegetable oil

## Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.





### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>127</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	17 mg
<b>Sodium</b>	<b>159 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars included	1 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 IU
Calcium	124 mg
Iron	1 mg
Potassium	105 mg

N/A - data is not available

### MyPlate Food Groups

	Grains	1 1/2 ounces
	Dairy	1/4 cup

## Notes

If you don't have pumpkin spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger, and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.

**Safety Tip:** You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook. Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

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